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Bangalore Mirror

TEMP Max 32 | Min 23 | Humidity 58% Partly Cloudy Sensex 79,454 | Nifty 24,008 | Gold 96,535 | Silver 96,748 | Dollar 85.42 | Euro 96.08 | GBP 113.61

WAIT FOR IT

Experts talk of dangers of consuming artificially ripened mangoes, give tips on how to identify fruits you need to avoid

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BUILDING BLOOPER

Construction of residential quarters on disputed land that is said to be unsuitable for multi-storied buildings raises eyebrows

PAGE 4

Two back-to-back vehicle fires on flyovers raise questions on public safety, impact of rising temperature and city's readiness to respond to vehicle-related emergencies

THIS WHEEL'S ON FIRE

Auto experts say use of low-quality electrical accessories must be avoided

Atiya Firdos
c-syeda.atiya@timesofindia.com

TWEETS @BangaloreMIRROR

PIC FOR ILLUSTRATIVE PURPOSES ONLY

Two separate vehicle fire incidents on Bengaluru's flyovers within a week have raised serious concerns about a possible surge in such occurrences. Experts suggest multiple contributing factors, ranging from technical faults and electrical issues to inadequate maintenance, prompting questions about public safety, the impact of rising temperatures, and the city's readiness to respond to vehicle-related emergencies.

The first incident occurred around 8.30 am on the Electronics City flyover when a small truck suddenly caught fire while heading towards the Silk Board junction. The driver managed to escape unscathed moments before the vehicle was engulfed in flames. The blaze caused massive traffic disruption during peak hours, prompting the Bengaluru Traffic Police to issue an advisory to commuters. The fire was eventually brought under control, and traffic movement was gradually restored.

Just hours later, a similar incident was reported on the Hebbal flyover in northern Bengaluru

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"The need for vehicle maintenance, checks and greater public awareness on fire safety and emergency preparedness becomes all the more relevant in the face of such incidents — Official

Payment failed

Server issues, network problems and processing delays making bus passengers stay off online payments

Sridhar.Vivan
@timesofindia.com

TWEETS @sridharVMIRROR

In an effort to reduce change issues for passengers and bring BMTC and KSRTC under the online payment system, the corporations implemented UPI payment across all its buses. However, recently, there have been problems with the UPI payment system, causing frustration for passengers.

Due to payment issues, bus conductors are facing significant difficulties. Network problems and server issues have left both passengers and conductors in confusion. While passengers attempt to pay online without cash, delays are caused by server problems. On the other hand, even after payment is made, conductors are struggling to issue tickets.

A UPI payment is taking a minimum of 3 to 4 minutes to complete. This issue is especially prevalent on highways, and the online payment system is in poor shape in rural areas. As a result, passengers in these areas are facing delays, causing additional stress for travelers and conductors alike.

Fewer UPI ticket purchases

Due to technical and network problems, UPI ticket purchases are decreasing daily in a few KSRTC buses. In long-distance buses, only about 20 passengers per trip are using UPI to buy tickets, which is a significant drop. There are increasing calls to resolve these technical issues. Despite the

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THINGS TO DO

01 Book haven

LOCKTHEBOX, a book fest is being organised, presenting thousands of books– new and pre-loved, bestselling and hidden gems. **Where: Garuda Mall, Ashok Nagar; When: May 8 to 18, 11 am**

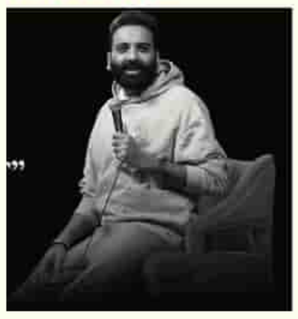
02 Spellbound

MINISO India is organising the second chapter of the exclusive Harry Potter pop-up studio, bringing the spellbinding charm of the wizarding world to life with over 300 officially licensed Harry Potter products available exclusively. **Where: Nexus Mall, Koramangala; When: May 1 to June 3**

03 Theatrical magic

Ranga Shankara is organising Tila, a puppet play for children above 6 years of age, about Tila, a trickster who always believes he is cleverer than others. **Where: Ranga Shankara, JP Nagar; When: June 8, 3.30 pm and 6 pm**

04 Comedy reloaded



After the success of 'Bas Kar Bassi', Anubhav Bassi is coming back to perform live, bringing a whole new set of funny stories and jokes to entertain the audience. **Where: Prestige Centre for Performing Arts, Konanakunte; When: May 30, 7.30 pm**

05 Whimsical creations

The Museum of Art and Photography is organising 'The Scrappy Puppet Tales workshop', where kids will become puppet creators using all sorts of cool scrap and junk. It's a hands-on adventure where imagination takes centre stage. **Where: Museum of Art and Photography, Ashok Nagar; When: May 19 to May 24**

Raw deal: Is mango on your plate too ripe to be true?

Regular consumption of mangoes ripened using calcium carbide may cause high blood sugar, blood pressure irregularities, and even cancer, warn experts

Sridhar Vivan
sridhar.vivan
@timesofindia.com
TWEETS @sridharvMirror

For years, mangoes ripened with calcium carbide, a harmful chemical agent, have been widely available in the market at cheaper prices, making them accessible to the public. However, a recent study has confirmed that regular consumption of such artificially ripened fruits can lead to diabetes and even cancer.

Calcium carbide-ripened mangoes have become increasingly common across fruit markets, while naturally ripened mangoes are harder to find. According to the Horticulture Department, consumption of such chemically treated fruits has a direct adverse impact on human health. Officials have urged the public to stay alert and avoid such produce.

Experts explained that calcium carbide-ripened mangoes are easily identifiable. They often exhibit a uniform bright color, sometimes with green or black spots. In contrast, naturally ripened mangoes display a mixed red-yellow hue, have a soft texture, and emit a sweet, fruity aroma. Chemically ripened mangoes often lack both softness and scent, making them inferior in both taste and quality.

Another simple way to identify chemically ripened mangoes is by checking if they float in water. While naturally ripened mangoes tend to sink, owing to their ripeness and density, chemically ripened mangoes tend to float. Artificially ripened mangoes often have partially white interiors and a sour taste, whereas naturally ripened mangoes are juicier, sweeter, and more flavourful.

In response to rising concerns, the Horticulture Department is planning to organise direct-from-farm sales to make naturally ripened mangoes accessible to the public

According to the Deputy Director of the Horticulture Department in Ramanagara, mangoes ripened using calcium carbide can cause severe health hazards. These include high blood sugar, blood pressure irregularities, and even cancer. In response to rising concerns, the Horticulture Department is planning to organise direct-from-farm sales to make naturally ripened mangoes accessible to the public. These special mango markets will eliminate middlemen and offer various mango varieties at reasonable prices. Most importantly, these naturally ripened fruits will be safer and healthier for consumers.

How to spot carbide-ripened mangoes

Colour: Uniform yellow = Likely carbide. Natural ones have mixed shades.

Smell: No aroma= Likely artificial. Natural ones smell sweet and fruity.

Touch: Too hard or too soft = Suspicious. Natural ones are firm but slightly soft.

Spots: Black patches or green tips may indicate chemical use.

Inside look: Ripened outside but white inside? Likely carbide-ripened.

Taste: Natural is sweet and juicy.

PG medicine domicile quotas to be scrapped?

In the wake of the Supreme Court's ruling questioning the constitutional validity of domicile-based reservation in post-graduate (PG) medical courses, the Centre has sought feedback from all states, including Karnataka, on the possible implications of implementing the order.

Karnataka highlights potential impact

In its response, the Karnataka government noted that currently, 50% of PG medical seats under the government quota in all model medical institutions are reserved for students who are residents of the state. If the domicile quota is scrapped, these seats would be included in the All India Quota and allocated solely based on National Eligibility cum Entrance Test (NEET) merit.

Further, the state flagged concerns about the 371(J) special reservation applicable to the educationally backward Kalyana Karnataka region. Here, 70% of government quota seats are reserved for local candidates. An additional 8% of seats in medical colleges from other parts of the state also fall under this constitutional provision. All of these could be lost if domicile quotas are scrapped, resulting in significant injustice to local students, Karnataka warned.

Legal review underway

Medical Education Department officials have confirmed that the state has shared its opinion with the Centre and is awaiting further directions. The state is also consulting legal experts, including the Advocate General, to explore its options.

On January 29, the Supreme Court ruled that domicile-based reservations are unconstitutional, asserting that India should be treated as a single residential unit, with all seats allocated based on merit for NEET-qualified candidates. The Centre is now gathering opinions from states to decide whether to implement the ruling or file a review petition. As a result, the continuation of domicile quotas for the 2025-26 PG medical admissions remain uncertain. In Karnataka, over 6,000 PG medical seats are available across more than 63 colleges, with more than 3,000 under the government quota. Approximately 1,500 of these seats are reserved for students who completed their MBBS or up to Class 12 in the state under the domicile quota. **— BMB**

Govt to distribute 1 lakh title deeds

To mark the second anniversary of its rule in Karnataka, the Congress government is planning to distribute one lakh title deeds to eligible beneficiaries, whose "undocumented habitations" have been declared as revenue villages, Deputy Chief Minister DK Shivakumar said on Sunday. Shivakumar, who is also the state Congress President, said he will hold discussions about holding the event in Vijayanagara district on May 20, with India and Pakistan reaching an understanding to stop all firings and military actions on land, air and sea.

The Cabinet on Friday had decided to indefinitely postpone the government's event marking two years in the wake of the escalating India and Pakistan border situation.

"As of now, it has been decided to give title deeds to one lakh people from the Revenue Department headed by Minister Krishna Byre Gowda. Preparations are on for it. The programme will be held in Vijayanagara district. May 20 is the date decided," Shivakumar said.

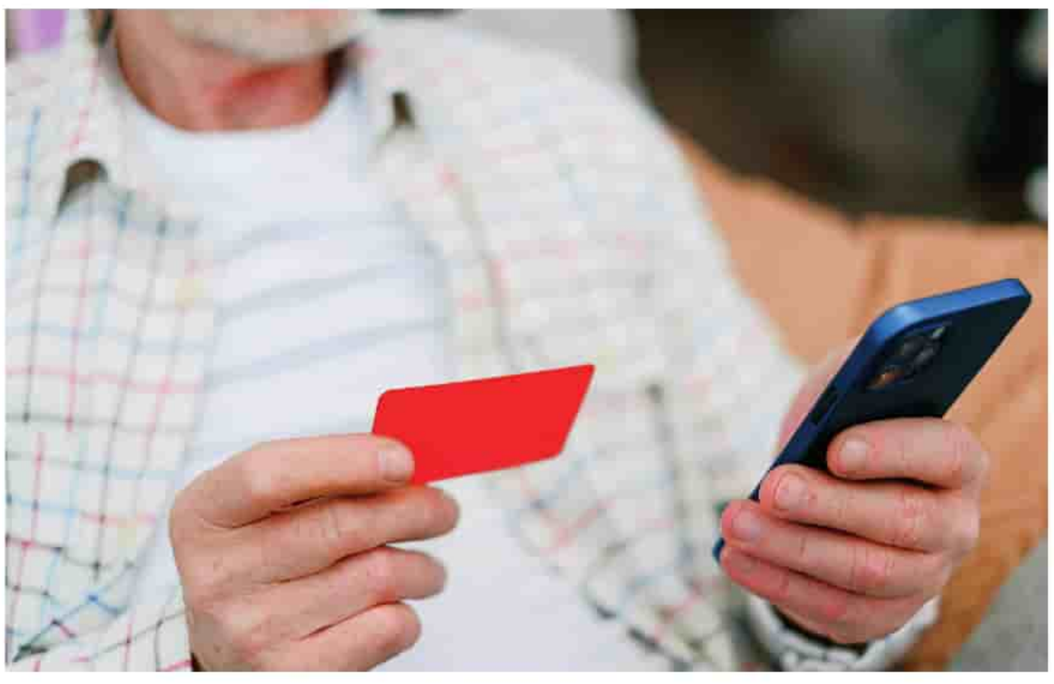
To a question on the 'ceasefire' being announced with Pakistan to stop all firing and military action, Shivakumar said that the central government has to clarify on it. "I don't want to make any comments or share my opinion and create confusion. We have to protect the country's respect and dignity," he added.

The Deputy CM said Congress Leader and Leader of the Opposition in Lok Sabha, Rahul Gandhi, will soon give a date for his participation in the event to lay the foundation for hundred party offices in different parts of Karnataka, to mark the centenary celebrations of Mahatma Gandhi presiding over the All India Congress Committee (AICC) session in Belagavi. **— BMB**

Fake CBI officers trick retiree out of ₹37 lakh

A retired Sringeri resident lost ₹37 lakh to scammers, highlighting rising cybercrime threat in rural areas due to low digital literacy; authorities are ramping up efforts to raise awareness and prevent further fraud

Atiya Firdos
c-syeda.atiya@timesofindia.com
TWEETS @BangaloreMIRROR



A retired government employee from Sringeri in Chikkamagaluru district lost ₹37 lakh to scammers posing as CBI (Central Bureau of Investigation) officers. The fraudsters, using a fake identity and a forged CBI ID during a WhatsApp video call, accused the victim of money laundering linked to another person's Aadhaar and demanded that he transfer his bank savings to a "verification account" supposedly operated by the RBI (Reserve Bank of India).

Terrified and unaware of cybercrime protocols, the victim, along with his wife, gradually transferred funds from their accounts over several days. The incident remained hidden for over six months until the victim, realising he had been duped, approached the Sringeri Police. The accused was later arrested, and the case is now under trial.

This case has highlighted the growing vulnerability of rural populations to sophisticated digital scams. Experts point out that a lack of digital literacy, limited exposure to online banking systems, and blind trust in authority figures are being exploited by cybercriminals. Rural areas, where smartphones have arrived faster than digital awareness, are becoming hotspots for cyber fraud.

> **"The district cyber cell has been conducting village-level workshops, school sessions, and community outreach programs to educate citizens on identifying fraud, safeguarding personal data, and the importance of not sharing OTPs or bank details**

Responding to the surge in such cases, rural districts have stepped up efforts to spread cyber awareness in their rural belt. The district cyber cell has been conducting village-level workshops, school sessions, and community outreach programs to educate citizens on identifying fraud, safeguarding personal data, and the importance of not sharing OTPs or bank details.

Chikkamagaluru reported 14 cyber fraud cases last year and has already recorded four cases this year. In neighbouring Chikkaballapura, 17 cases were reported by March alone this year. Bengaluru Rural topped the list with 50 cases, followed by Tumakuru with 24. The rising numbers across rural districts point to a concerning trend, an uptick in cybercrimes driven largely by low levels of digital literacy and awareness among residents.

Officials stress that in rural parts of the state, the digital divide isn't just about internet access, it's about knowledge. Without urgent, large-scale awareness, more families risk falling prey to scams masked in the language of law, finance, and technology. Police are also urging people to report any suspicious activity to the national cyber helpline, 1930.

Couple abandons newborn with cleft lip in autorickshaw

Byatarayanapura police, following a detailed CCTV trail, tracked down a couple who had abandoned their newborn daughter in an autorickshaw after discovering she had a cleft lip.

The incident occurred in the early hours of April 24, when residents heard cries from a parked auto rickshaw outside a house in Byatarayanapura. On checking, they found the infant and alerted police.

The baby was immediately handed over to the Child Welfare Committee (CWC), while a probe was launched. Police verified over 150 CCTV camera feeds and found footage of a couple placing the baby in the autorickshaw before walking away. The investigation led them to Virajpet, where the duo was traced. The accused, identified as Papanna, a private firm employee and father of three, was in a relationship with a 30-year-old widow, a single mother of a five-year-old. After she delivered the baby and noticed the cleft lip, the two allegedly decided to abandon her. They travelled to Bengaluru by bus and left the infant in a rickshaw.

Papanna has been taken into custody for further investigation, while the baby has been reunited with the woman, who was let off with a stern warning. The local CWC has been instructed to monitor the child's well-being.

Veteran agricultural scientist found dead

The Karnataka Police have launched an investigation into the suspicious death of Padma Shri awardee Dr Subbanna Ayyappan, the first non-crop scientist to head the Indian Council of Agricultural Research (ICAR), officials said on Sunday.

The 70-year-old Ayyappan, a respected aquaculture scientist and a prominent leader of India's 'Blue Revolution', was found dead under mysterious circumstances.

His decomposed body was discovered in the Cauvery River near Srirangapatna town in Mandya district on Saturday. He had been missing since May 7, after stepping out of his home as usual.

According to police, Ayyappan's scooter was found abandoned on the riverbank. The Srirangapatna police, who are handling the case, said a missing person complaint had been filed earlier by his family with the Vidyaranyapuram police station in Mysuru.

Preliminary investigations suggest that Ayyappan may have jumped into the river near the Sai Baba Ashram in Srirangapatna. His body was sent for post-mortem, and police are awaiting the report.

Family members and friends informed police that Ayyappan often visited the banks of the Cauvery River for meditation. He was also a frequent visitor to the Ramakrishna Ashram in Mysuru.

Self-cheques and missing money: Bank in hot water

Y Maheswara Reddy
c-y.reddy@timesofindia.com
TWEETS @BangaloreMIRROR

A self-cheque is typically issued in the account holder's name and used to withdraw funds from their account. However, Guardian Souharda Sahakari Bank Niyamita has allegedly permitted a third party to withdraw money using such a cheque.

Two loose cheque leaves issued by Guardian Souharda Sahakari Bank Niyamita, Infantry Road Branch, were allegedly misused, leading to a loss of Rs 5 lakh for account holder Udaya Shankar P.

According to a complaint filed by Guardian Souharda Sahakari Bank Niyamita with the Commercial Street Police, the incident began on November 19, 2021, when Siddharth Jain visited the bank and requested two loose cheque leaves for his account. Bank officer Allan Abhinash issued the two cheques to him the same day.

"Rakesh Kumar P visited the bank on November 25, 2021, to encash these cheques issued to Siddharth Jain from Udaya Shankar's account. The cheques used for the withdrawal were issued for amounts of Rs 2.4 lakh and Rs 2.6 lakh. The bank has verified the signature on the cheque with the specimen signature record of the bank for the account holder and the signature tallied with his records. Hence, the bank honoured both the cheques presented at the counter for payment of cash. An automated SMS alert was sent to Udaya Shankar's phone number on November 25 at 4:53 pm, as per our records," the complaint to Commercial Street Police by Guardian Souharda Sahakari Bank Niyamita read.

The complaint has stated that Rakesh Kumar P has been an account holder of the bank since 2013 and has introduced many clients to the bank and maintained a good relationship with the bank. "Rakesh Kumar P introduced Udaya Shankar to us and opened an account for him on June 19, 2018. Rakesh Kumar introduced his son Siddharth Jain to us and opened an account for him on November 17, 2018," the complaint read.

It is said that Udaya Shankar visited the bank on May 19, 2022, after six months, demanding the details of his account, copies of the cheques used for cash withdrawal on November 25, 2021 and other details of his account. "He claims that the cash of Rs 5 lakh was fraudulently withdrawn from his account by the staff of our bank," the complaint read.

> **"How cheques issued for one account were used to withdraw money from another, why self-cheques were accepted from someone other than the account holder, and how the bank permitted the withdrawal**

Several questions remain unanswered—how cheques issued for one account were used to withdraw money from another, why self-cheques were accepted from someone other than the account holder, and how the bank permitted the withdrawal in Udaya Shankar's absence.

Without bothering about the above queries, Commercial Street Police submitted a C report before the IV Additional Chief Judicial Magistrate. However, the court has directed Commercial Street Police to reinvestigate the case.

"We are reinvestigating the case as per the court's direction. We have received some documents. We will complete the investigation and submit the report to the court," said Aktar Patel, Sub-Inspector, Commercial Street Police Station.

Meanwhile, Guardian Souharda Sahakari Bank Niyamita Assistant General Manager Vinod Kumar said the bank has submitted all the documents to the police. "We are waiting for the police to complete the reinvestigation of the case," said Vinod Kumar.

Udaya Shankar said that he has been running pillar to post to get back his money that was fraudulently withdrawn by others from his bank account. "I hope Commercial Street Police will complete the reinvestigation of the case without any delay," he said.

Construction work at DJ Halli seems to be on shaky ground

Despite land being unsuitable for construction of multi-storey building, BBMP has undertaken the construction of residential quarters on the disputed land

| Y Maheswara Reddy
c-y.reddy@timesofindia.com
TWEETS @BangaloreMIRROR

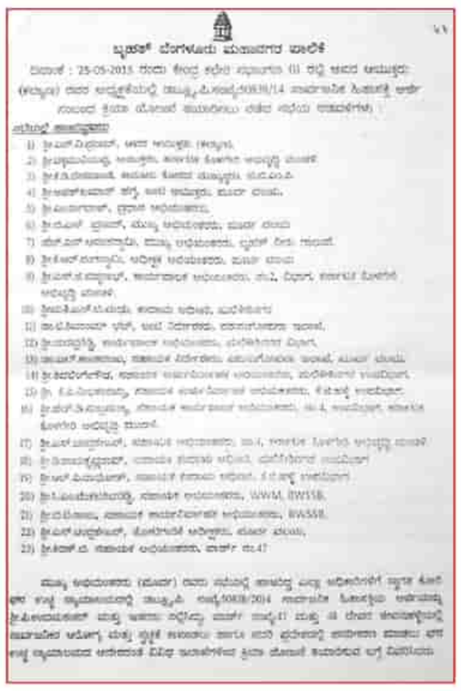
The Lokayukta has instructed Bruhat Bengaluru Mahanagara Palike (BBMP) to remove encroachments on government land in DJ Halli, with a case hearing scheduled for May 14.

The Lokayukta, in an order passed on March 11, 2025, has directed the BBMP authorities to take appropriate steps, if necessary by coordinating with its other wings, including the Storm Water Drains (SWD) wing of the BBMP. "It is submitted by the Joint Commissioner that the Superintending Engineer, Storm Water Drain, was informed on December 6, 2024, to survey the encroachment on the Rajakaluve and prepare a sketch," the Lokayukta order read. It said that a copy of the order will be sent to the BBMP Commissioner to ensure coordination amongst various BBMP departments for the removal of encroachments.

On December 1, 2021, the Assistant Registrar of Enquiries (ARE) issued an order directing the BBMP Commissioner, Joint Commissioner of BBMP North, Deputy Commissioner of Bengaluru, and Tahsildar of Bengaluru North to take necessary steps for the removal of encroachments on government lands in accordance with the law. Since a survey had already been conducted, lands in Survey No 22, 28, and 49 were identified, and their boundaries were fixed using survey sketches. Officials were instructed to submit an action taken report. The case hearing was adjourned to February 17, 2022.

The BBMP has undertaken the construction of residential quarters on the disputed land in DJ Halli. However, according to documents available with Bangalore Mirror, the BBMP Commissioner stated during a May 25, 2015, meeting that the land is unsuitable for multi-storeyed buildings due to its rocky terrain and a 100 to 150 ft deep trench, which was filled with soil.

One of the buildings constructed on the encroached land; Documents from a May 25, 2015, meeting deemed the land unsuitable for multi-storeyed buildings due to its rocky terrain and a 100 to 150 feet deep trench, which was filled with soil



Some social activists are up in arms against the ongoing construction of multi-storeyed buildings on the land. "I have complained to Upa Lokayukta in 2015. Upa Lokayukta Justice SB Majjige visited the spot and wondered why the BBMP authorities have decided to construct multi-storeyed buildings on this land. The BBMP authorities have been busy in giving assurances to clear the encroachment of the government land but did nothing till date," said Aisha Saifulla, a social worker from DJ Halli.

P Udaya Shankar, the complainant, said that the government land worth crores of rupees is encroached by the BBMP and private people. "I want the BBMP to relocate the people who have constructed buildings on the government land (BDA land as per the notification issued 1978) and recover the land," he said.

BBMP Executive Engineer (Pulikeshinagar) said that he would submit a report to the honourable Lokayukta on May 14.

RV Road-Bommasandra Yellow Line nears opening

| Sridhar Vivan
sridhar.vivan@timesofindia.com
TWEETS @sridharvMirror

The much-anticipated RV Road-Bommasandra (Yellow Line) Metro route is likely to begin commercial operations by the end of June this year. The third train set (three coaches) required for the operation of the Yellow Line left Titagarh, West Bengal, on May 2 and is expected to arrive in Bengaluru by May 15. In the coming days, all six coaches will be joined to form a complete train set, and authorities have confirmed that operational trials will begin soon after.

A Bangalore Metro Rail Corporation Limited (BMRCL) official said that initially, commercial operations will be conducted with five stations and trains running at intervals of 20 to 25 minutes. "We are considering starting operations with just three trains. Although there will be crowding initially, we have no other option. A total of 15 trains are required for this route," the official said. With the decision to run operations with three trains (18 coaches), it is highly likely that the services will begin by the end of June. Despite the completion of civil works, the much-awaited 19.15 km Yellow Line between RV Road and Bommasandra has been delayed by almost a year due to a shortage of trains. The Yellow Line is expected to particularly benefit IT professionals by reducing congestion and travel time.

Connection to Green and Pink Lines

The RV Road station will connect with the Green Line, while the Jayadeva Hospital station will link to the Pink Line. Construction at the Jayadeva Hospital station is nearly complete. This route includes a 3.13 km stretch of metro track from Ragigudda to Central Silk Board, along with an elevated road. An elevated road has been built at the Central Silk Board junction to reduce vehicle congestion, featuring five loops and ramps.

Delay in operations

BMRCL had previously announced that commercial operations would begin in January 2025. However, operations are now expected to commence six months later. The statutory safety inspection for this route was scheduled for December. Titagarh was supposed to deliver three sets of trains (18 coaches) to BMRCL by December. Starting from March 2025, the company was expected to supply two train sets per month, with all 15 train sets required for the route expected by August.

However, this timeline seems unlikely now. The expected arrival of all 15 train sets is now anticipated by the end of this year.

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

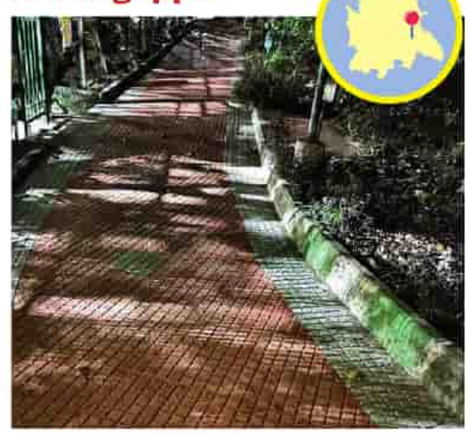
Crying foul

Horamavu

BBMP has failed to collect garbage near 1st Cross, Water Tank Road, Horamavu. The area is filled with smoke and foul smell, posing serious health concerns. Immediate action is requested.

Hazardous path

Kathriguppe



Rockpark Garden in Kathriguppe East (Ward No 163) is poorly maintained. An old tree with hanging branches poses a safety risk to walkers, especially after rain and wind. Urgent pruning is needed. Additionally, street lights have been non-functional for a week, putting walkers, especially elderly and women, at risk.

Safety slip

D'Souza Road

D'Souza Road has not adhered to technical specifications, with cables running through stormwater drains and under roads, without GI pipe protection.

Only councils can inspect nursing

The Karnataka High Court has nullified the State government's directive, issued under the Medical Education Minister's instruction, which authorised deputy commissioners to inspect nursing institutes within their districts.

The court clarified that the authority to inspect nursing institutes legally rests with specialised organisations such as the Rajiv Gandhi Institute of Health Sciences (RGUHS), Indian Nursing Council (INC) and Karnataka Nursing Council (KNS), not with deputy commissioners.

Justice Suraj Govindaraj delivered this ruling whilst accepting petitions from the Karnataka State Association of the Management of Nursing and Allied Health Science Institutions and others. The petitioners challenged the directive issued by the Principal Secretary, Health and Family Welfare Department on November 5, 2024 to all DCs.

The court acknowledged that "The intent of the Minister may be noble and proper and to protect the interests of the students and parents, but taking into consideration the legal aspects, these inspections can only be carried out by the concerned specialised agencies like the RGUHS, INC and KNC." This observation came after noting the minister's response to student and parent complaints.

The court instructed RGUHS, INC and KNC to establish an online portal for publishing inspection reports of nursing institutes under their supervision, ensuring accessibility to all authorities.

The court mandated that all information, including inspection reports on infrastructure, details of licences, sanctions and other authorisations must be published on the websites of the university and councils.

Additionally, the court ordered that information about any ongoing litigation involving nursing institutes and complaints received by INC, KNC, and RGUHS should be available on their respective web portals, with provisions for students, parents and teaching staff to submit grievances online. **-BMB**

Possessing cash alone not crime

The Karnataka High Court has determined that possessing substantial cash without proper documentation alone does not constitute a violation under Section 98 of the Karnataka Police Act. The Court examined a petition challenging prosecution under Section 98 of the Karnataka Police Act, 1963.

Justice Hemant Chandangoudar stated, "The mere possession of a large amount of cash without valid documents does not, by itself, constitute an offence under Section 98 of the Act. To establish an offence under this provision, it must be demonstrated that the property in question is either stolen or fraudulently obtained."

Advocate Rohan Kothari appeared for the petitioner, whilst High Court Government Pleader MV Anoop Kumar represented the respondent.

Case background

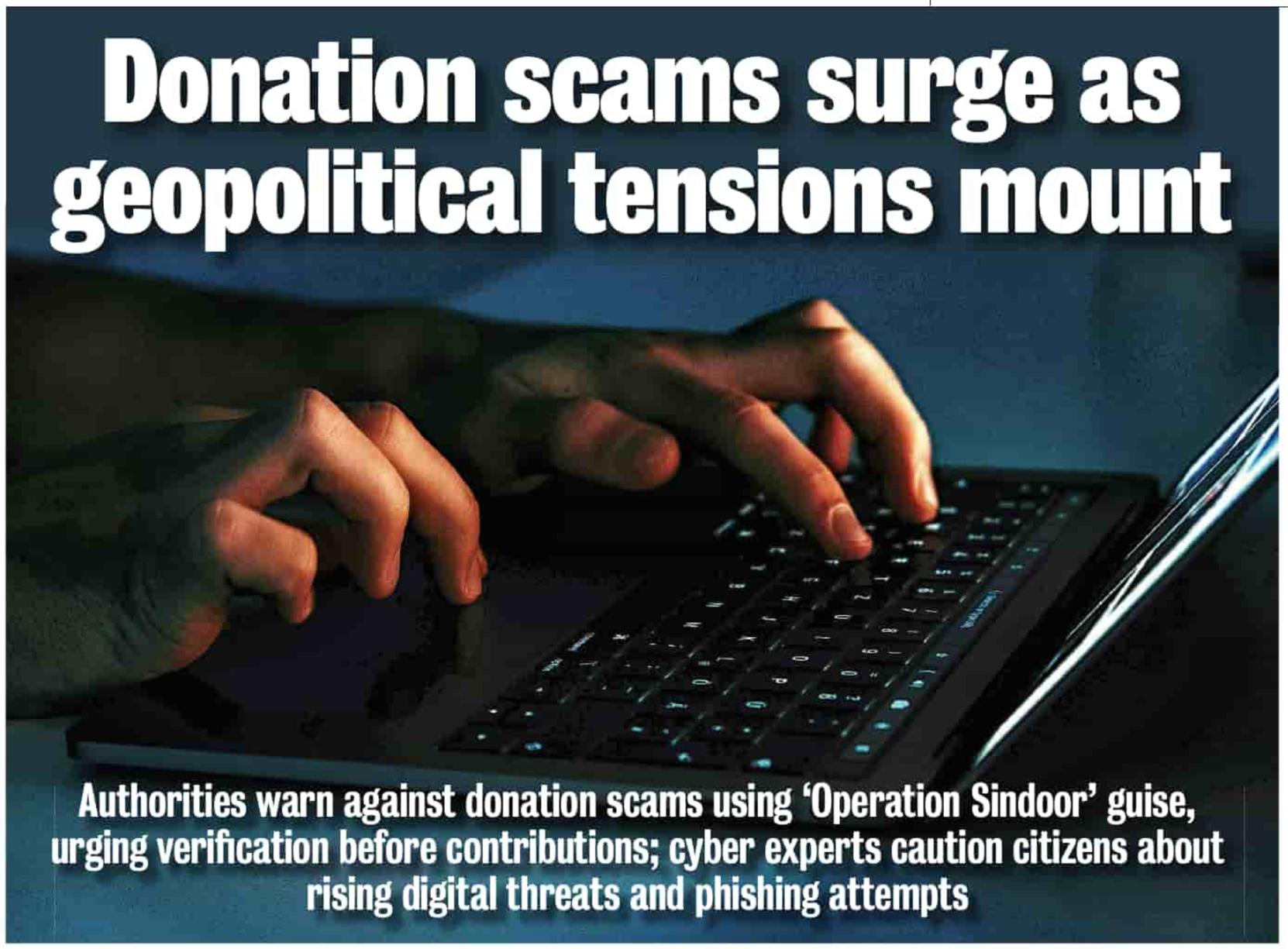
During the Lok Sabha Elections 2019, authorities intercepted the Petitioner's vehicle at a checkpoint. The inspection revealed the petitioner carrying 8,38,250/- without documentation proving legitimate possession.

Court's analysis

The Court highlighted that Section 98 of the Karnataka Police Act classifies the offence as non-cognizable, requiring prior magistrate approval for investigation. The Court noted this procedural requirement was not fulfilled, invalidating both the investigation and subsequent cognisance of the alleged offences.

The Court observed that neither the case materials nor the charge sheet indicated reasonable grounds to believe the petitioner's cash was stolen or fraudulently obtained. "In the absence of any such allegation or reasonable suspicion on record, the essential ingredients required to establish the commission of an offence under Section 98 of the Act are conspicuously absent. Therefore, allowing the proceedings to continue would amount to an abuse of the process of law," the Court concluded. The Court subsequently granted the Petition. **-BMB**

Donation scams surge as geopolitical tensions mount



Authorities warn against donation scams using 'Operation Sindoor' guise, urging verification before contributions; cyber experts caution citizens about rising digital threats and phishing attempts

| Sridhar.Vivan
@timesofindia.com

TWEETS @sridharvMIRROR

Authorities are particularly concerned about donation scams operating under the guise of "Operation Sindoor," where suspicious entities are allegedly soliciting funds claiming to support the Indian armed forces. The police have issued a stern warning urging people not to click on unverified links or contribute money without proper verification, stressing that such actions could lead to financial fraud.

Staying safe amid rising cyber threats

Cybersecurity experts and law enforcement agencies are urging citizens to exercise extreme caution while using digital platforms. With hackers exploiting the current geopolitical climate, there is a surge in deceptive content across WhatsApp, social media, and email that could compromise users' personal data and financial security.

A police official said, "Users are advised to avoid opening unknown videos, images, or links, especially those related to 'war updates.' Disabling media auto-download on messaging platforms like WhatsApp can offer an added layer of protection. Additionally, enabling two-step verification and refraining from installing APK files received via messages are critical steps in safeguarding devices. If you are part of suspicious groups or receive questionable forwards, it is best to exit immediately and report the group."

Email users should also remain vigilant. Avoid opening emails with dramatic or conflict-related subject lines that create a false sense of urgency. It is essential to rely solely on official government or verified news sources for updates. Clicking on unknown links or downloading attachments from unfamiliar senders must be strictly avoided. Regularly backing up data, updating antivirus software, and enabling two-factor authentication (2FA) can significantly reduce the risk of cyberattacks. Any suspicious digital activity should be promptly reported to the national cybercrime helpline at 1930.

According to authorities, hackers are circulating videos, images, and APK files disguised as real-time "war updates" to lure users into downloading malicious content. Once installed, these files can steal sensitive data, lock devices, or even hack into bank accounts and social media profiles. The key threats currently include phishing emails, fake apps falsely claiming to provide live war updates, and malware shared via WhatsApp, social media, and email platforms.

Public awareness campaigns launched

A police official said, "With emotionally charged posts circulating online urging support for India, the district police have initiated awareness campaigns to ensure people do not fall prey to misinformation or fraudulent donation drives. Posters and videos have been released cautioning the public against sharing provocative messages and urging users to verify information before acting on it."

Summer travel plans delayed

As summer vacation reaches its peak in May, rising India-Pakistan tensions leave thousands of travellers uncertain. Long-planned holidays are now at risk of disruption, with cancellations and abrupt changes becoming a real possibility. Travel industry experts advising caution—especially when heading to areas within 200 km of the Pakistan border. Around 24 airports along the northern and western front are currently closed to civilian flights until May 15. Passengers with bookings to these regions are now beginning to process refunds, particularly those flying with budget airlines.

A travel operator said, "Train travel, the preferred mode of transport for most Indian summer travellers, is also under scrutiny. Bookings made in advance are now being reconsidered, especially for journeys to sensitive zones. Reopening of closed airfields is not expected to trigger the usual summer rush, as per airline officials."

Outbound travel on hold

Travel to nations perceived as backing Pakistan—namely Turkiye, Azerbaijan, and Uzbekistan—put on pause. Tour operators halting new bookings to these countries, with strong advisories against non-essential travel. Disappointment voiced by agencies over these countries' political stance. Travel packages suspended, with cancellation fees waived for existing bookings. Emergency bookings for urgent needs to be handled on a case-by-case basis.

Safety precautions

Trips to southern India, northeast India, and some parts of central India are still considered safe. Travel plans to these regions proceed without interruption. Flights to destinations served by defence airfields like Bagdogra, Vizag, and Port Blair require flexibility—potential delays or rerouting are likely. Families with young children, the elderly, or those with health issues are advised to reconsider or reschedule. For those heading abroad—destinations like Asia, Europe, or the US—travel continues, albeit with caution. Suggested additions to plans include conflict-specific insurance coverage and preparations for extended flight durations or reroutes.

Concerns over the potential closure of major airports such as Mumbai and Delhi are being termed unlikely. Even in such a scenario, alternate international airports like Chennai or Bengaluru are likely to stay operational.

Recommendations for international travellers include early airport arrival (3-4 hours before departure), carrying photocopies of passports and IDs, noting contact details of Indian embassies, and staying updated through official advisories and government social media handles. As the situation unfolds, the travel industry reiterates key advice: avoid high-risk zones, remain alert, and prioritise safety above all. **-BMB**

New tobacco licence rules aim to clear B'luru's smoke

Shops selling tobacco products will need additional licence, with ₹500 fee for five years; non-compliance will lead to Rs 5,000 fine for first offence and ₹100 per day thereafter

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In a bid to control the rising smoking trend in the city, the Bruhat Bengaluru Mahanagara Palike (BBMP) has taken steps to mandate a separate trade licence for the sale of tobacco products. Although the regulations regarding this were announced last year, the BBMP had delayed incorporating them into the online system. However, all necessary preparations have now been made, and the new trade licence rules will soon be implemented.

Under the new system, shops and stores selling tobacco products such as beedis, cigarettes, and gutkha will be required to obtain a tobacco trade licence in addition to the regular trade licence. Failure to comply will result in fines. The licence fee has been set at Rs 500 for a five-year period. If tobacco products are sold without a licence, a fine of Rs 5,000 will be imposed for the first offence. Subsequently, a fine of Rs 100 per day will be levied, as per the BBMP's decision.

Vendors often flout rules on minors, loose beedis, and warnings

60,000+ shops selling tobacco

There are an estimated 60,000 shops in Bengaluru, with more than half of them selling tobacco products without any regulation. The sale of tobacco products to individuals under the age of 18 or to schoolchildren is prohibited. Cigarettes must be sold in full packets, and while there are rules against selling loose beedis, these regulations are largely ignored by vendors. Additionally, shops selling tobacco products are required to display a clear sign stating, "Smoking is harmful to health." However, such boards are often poorly displayed, sometimes hidden in corners. Once the new trade licence system is in place, it will be mandatory to follow the regulations. Non-compliance will result in penalties, and it is expected that this will lead to a decrease in tobacco sales and a reduction in the number of shops selling tobacco products.

> **"By implementing a separate trade licence for tobacco sales, we can bring some level of control over the sale of these products**
> – Dr BS Triveni

Smoke-free Bengaluru

With the rapid growth of the city and an increasing number of young people engaging in smoking, the number of smokers is also on the rise. This is particularly concerning as it is the youth who are falling prey to this harmful habit. The increase in smoking is having serious repercussions on public health. To address this, the BBMP, in collaboration with the Bloomberg Philanthropies-supported organisation "Partnership for Healthy Cities," has launched the "Smoke-Free Bengaluru" initiative. This program aims to reduce tobacco sales, lower smoking rates, and raise awareness about the health impacts of tobacco products.

Dr BS Triveni, the project lead for the Smoke-Free Bengaluru initiative, stated, "By implementing a separate trade licence for tobacco sales, we can bring some level of control over the sale of these products."

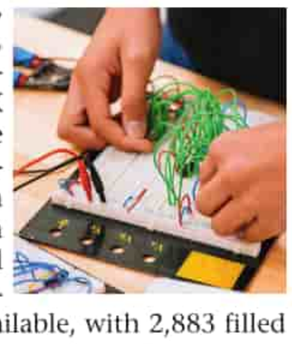
Fee cuts aim to revive enrollment

To revive engineering courses with low demand, the Department of Higher Education has decided to reduce fees for certain engineering programs. Recently, the department has increased the fees for professional courses by 7.5%. Following this, discussions have taken place regarding offering fee discounts for courses with lower student enrollment, such as Civil and Mechanical Engineering. However, these discounts will apply only to government and aided colleges.

There are 16 government engineering colleges, 8 aided colleges, 107 government polytechnics, and 43 aided polytechnics in the state. The prescribed fee for these colleges has been set at Rs 48,000, with plans to offer fee reductions. The Department of Higher Education has not yet disclosed the exact amount of the fee reduction, but it is expected to be decided during the counselling process.

2024 engineering seat availability

In the 2024 engineering admission process, out of the total 1.12 lakh seats, 85,259 have been filled, leaving 26,036 seats vacant. Of the 79,907 engineering seats, 66,254 have been filled, leaving 13,653 seats vacant. In the COMEDK exam, 18,000 seats were available, with a significant number still open for admission. When it comes to individual courses, Civil Engineering had 5,723 seats available, with 2,883 filled and 2,340 remaining. Mechanical Engineering had 5,977 seats, of which 2,783 were filled, leaving 3,194 vacant.



Demand for courses

The lack of job opportunities is one of the major reasons behind the declining demand for some engineering courses. Students are now more concerned about the placement prospects before choosing a course, which has led to increased competition for colleges offering good placement records. Colleges with higher placement rates tend to have higher fees as well. Dr MC Sudhakar, the Minister of Higher Education, stated, "In recent times, most students have been prioritising Computer Science Engineering due to the high demand and placement opportunities." **— BMB**

NOTES FROM THE FIELD

Water wars

While the scorching heat sends people scrambling for water, a battle of egos among watermen has locked a drinking water borewell, with thirsty residents caught in the middle. At the 8th Cross near Maheshwaramma Temple in Kalyan Nagar, a borewell meant to quench thirst has been padlocked — not by officials or vandals, but by rival watermen fighting over who gets to play 'Captain H2O'. One loyal waterman had been handling the liquid logistics for ages. Then, out of the blue (clearly not in uniform), another guy swooped in declaring himself the new water whisperer. His first heroic act? Slapping a lock on the borewell's pump like it was his private property and refusing to release even a drop. Now, thanks to this turf war, residents are stuck in a real-life desert simulation while the so-called water warriors continue their ego Olympics.

A dash of Sindoor to CM

In a press conference recently meant to laud the success of 'Operation Sindoor' and express gratitude to the armed forces and Centre, Karnataka Chief Minister Siddaramaiah walked in with a striking dash of sindoor on his forehead — and it wasn't just the operation that grabbed headlines! Journalists couldn't resist pointing it out. "Sir, that's quite the bold sindoor — looks great!" one remarked. With a smile, Siddu explained, "KM Nagaraj had invited me, so I visited the Patalamma Temple this morning. After seeking the deity's blessings, I applied the sindoor."

No to birthday

Deputy Chief Minister DK Shivakumar has urged his supporters, fans, and party workers not to celebrate his birthday this year due to the ongoing border tensions. In a press statement, Shivakumar said, "Our soldiers are risking their lives to combat terrorism. Given this, it's inappropriate to celebrate my birthday. I urge everyone not to mark May 15 with any celebrations." He added, "I won't be in town on May 15, so I request no visits to my residence or office for birthday wishes. Please respect my feelings and understand the gravity of the situation at our borders." Shivakumar further appealed to all party members and fans, asking them to refrain from putting up flexes, banners, or any advertisements in his honour. "This is a time to stand by our soldiers defending our nation's sovereignty," he concluded.

AC helmets

Kalaburagi's traffic cops are now rocking the coolest helmets in town—literally! In a state-first move, the city's traffic officers have been gifted air-conditioned helmets to battle the scorching 42-45°C summer heat. These helmets aren't just for show—they're powered by batteries that keep the cops chill for up to 8 hours, with added perks like pollution masks, reflective jackets, and lighted batons to glow through the night. Each helmet costs ₹30,000, but it's a small price to pay for ensuring the health and efficiency of our brave officers who are usually stuck in the blazing sun. Talk about a "cool" way to work!

Happy birthday, monkey!

Recently, it's been a trend to celebrate the birthdays of pets, and now, a monkey joins the party! In Kakol village, Ranebennur taluk, a family celebrated the birthday of their pet monkey. Four years ago, on April 29, Prabhugowda found a male monkey and named it Hanumant Gowda. Since then, the family has treated it like their son, celebrating its birthday every year. This year, they even cut a 2kg cake to mark the occasion. "We got new clothes for him, just like we do for our son. Ever since we started keeping the monkey, our luck has turned around. He guards the house and looks after the farm crops," says Prabhugowda.

U-turn on treated water

Once claiming that Hebbal–Nagawara (HN) Valley revitalised groundwater levels and filled borewells to the brim, MP Dr K Sudhakar has now taken a sharp U-turn. In his recent plea to the Union Jal Shakti Minister, he warned that water from HN Valley and KC Valley is not entirely pure and could even cause cancer. Back in 2017, during the project's foundation stone-laying ceremony, he labelled opponents as development-haters, emphasising how the treated water scheme was a game-changer for Chikkaballapur's parched lands. Fast forward to now—Sudhakar is echoing the very concerns raised by those he once mocked, acknowledging health risks linked to the same treated water. **— Sridhar Vivan**

BM SIMPLY PUT

Today we give you a lowdown on what goes into the process of war

In the battlefield

SALUTE TO BRAVEHEARTS

1. Family members and others attend funeral of IAF (Indian Air Force) soldier Surendra Kumar
2. Police personnel pay tribute to Raj Thapa, a senior bureaucrat who was killed in Pakistani shelling in Rajouri, at his funeral in Jammu
3. Army personnel bring the mortal remains of Rifleman Sunil Kumar to his residence at Trewa village
4. People pay tribute to the mortal remains of the fallen braveheart Murali Naik, after he lost his life in Pakistan shelling on the Line of Control, in Sri Sathya Sai on Sunday
5. BSF personnel pay tribute to BSF SI Mohammad Imteyaz during a wreath laying ceremony, in Jammu

After Indian forces successfully dismantled terrorist bases in Pakistan and Pakistan-occupied Kashmir during "Operation Sindoor," the Pakistan Army has retaliated. They targeted military bases in Jammu and Kashmir, Punjab, and Rajasthan, launching drone and missile attacks, which were successfully repelled by Indian forces. With both countries possessing nuclear weapons, this has created a situation where the possibility of war looms. If India were to formally declare war, here's how the process works.

How War is Declared in India

In India, the power to declare war lies with the President, but it is done based on the advice of the Prime Minister-led Cabinet. Unlike some countries, the Indian Constitution does not specifically outline the procedure for a formal declaration of war. However, Article 352 of the Constitution provides a constitutional process for the declaration of a national emergency, which is similar to a wartime situation.

Who is Involved in the Process?

The President, as the Supreme Commander of the Armed Forces, has the constitutional authority to declare war or establish peace. However, this power is exercised based on the advice of the central government. Article 53 of the Constitution gives the President the "Executive Power of the Union," but Article 74 specifies that the President acts in accordance with the advice of the Cabinet led by the Prime Minister. Therefore, any formal declaration of war or peace must be made upon the recommendation of the Cabinet.

Key Cabinet Decision

Typically, the decision to declare war or establish peace is made by the Prime Minister-led Cabinet. Before making a decision, the Cabinet receives key advice from the Ministry of Defence, Ministry of External Affairs, and the National Security Council. The Cabinet also consults with the heads of the armed forces, intelligence agencies, and diplomatic channels before finalizing a decision. According to the 44th Amendment Act of 1978, the President can declare a "National Emergency" based on a written recommendation from the Cabinet.

The Role of Parliament in War Declaration

Although the Indian Constitution does not mandate Parliament's involvement in formally declaring war, it plays a critical role in monitoring and funding military operations. Parliament oversees the military budget and holds the government accountable for military actions. If military operations are prolonged, the government must inform Parliament and seek its political consensus. Initially, war may be declared by the President following the Cabinet's advice, but it must later be presented to both Houses of Parliament for approval.

Partial or Nationwide Emergency

After receiving the Cabinet's written recommendation, the President can declare a "National Emergency" under Article 352 of the Constitution, based on the occurrence of "war" or "external aggression." This declaration can apply either to the entire country or be limited to a specific region. Once approved by Parliament, the emergency declaration remains in effect for six months, and it can be extended for another six months with further parliamentary approval.

Revocation of Emergency

At any time, the President can revoke the National Emergency through an official declaration. Additionally, under the 44th Amendment of the Constitution, if the Lok Sabha passes a decision to revoke the emergency, the President must agree to it. This is the constitutional and procedural framework for declaring war in India, ensuring that the decision is taken collectively by the government and in consultation with Parliament.

INDIA'S WARS

- 1962 India-China War
- 1971 India-Pakistan War (Bangladesh Liberation)
- 1965 India-Pakistan War
- 1999 Kargil War

Satellite images show Pak's ravaged airbases

As Pakistan continues to remain in denial over India hitting its military installations and air bases with precision, the satellite images have started coming to the fore, exposing its bluster and hollow claims.

Satellite images procured by a Chinese firm, MIZAZVISION, show the damage at Pakistan's Noor Khan airbase, one of its most strategic airstrips. The satellite images show disabled infrastructure and also support vehicles grounded on the site.

Nur Khan airbase, located in Rawalpindi, is in close proximity to the Pakistan Army's headquarters. The Indian strikes came as a symbolic blow to Pakistan, exposing the gaps in Pakistan's air defence system and also its inability to defend this high-value target.

Notably, India's targeted strikes on multiple Pakistani airbases, as part of Operation Sindoor, inflicted heavy damage, dismantling its ability to launch strikes and also dealt a strategic and psychological blow to its defence establishment.

Jacobabad airbase was another airstrip to have suffered destruction. The satellite images released by an Indian firm (KAWASPACE) spotlight the damage at the Jacobabad Airbase. As per the images, the hangar on the airbase's main apron looks ravaged, while the ATC building is also suspected to have suffered damage.

In separate imagery by the KAWASPACE, the damage at Pakistan's Bholari Airbase has been spotlighted. As per the image, a hangar looks damaged, with debris visible along with structural damage.

The satellite images of devastation at Pakistani airbases were shared by an X user.

Notably, India's coordinated and precision strikes on these airbases delivered a strategic knockout to Pakistan's aerial capabilities. It not only disabled Pakistan's ability to fight but also deterred it from contemplating further aggression.

The destruction of Pakistan's air bases also sent an unambiguous message that any act of provocation or aggression against India will turn out to be catastrophic for it. **–IANS**

Full powers to commanders

Army Chief Gen Upendra Dwivedi has given full authority to the Army commanders for counter-action in the kinetic domain to any violation of the understanding reached between the Indian and Pakistani militaries.

India and Pakistan announced reaching an understanding on Saturday to stop all firings and military actions on land, air and sea, with immediate effect.

"Consequent to the ceasefire and airspace violations on the night of May 10-11, the Chief of Army Staff reviewed the security situation with the Army Commanders of the Western Borders," the Army said.

The Army Chief "has granted full authority to the Army Commanders for counteraction in the kinetic domain to any violation of the understanding reached vide the DGMO talks of May 10", it said. **–PTI**

UPI payment system still to board the bus

CONTINUED FROM PAGE 1

need to transfer a considerable amount of money, the payment transfer is often delayed, further adding to the frustration.

In rural areas, as conductors are trying to issue tickets, buses often reach a new stage before the payment is confirmed. This delay leads to confusion and inconvenience for passengers. The solution to the round-up fee issue, where extra money was being collected from passengers, has been implemented, making it easier for passengers to pay the exact fare.

This measure has helped resolve the change issue for conductors, but passengers are still opting for offline payments due to the UPI issues.

A bus conductor said, "Sometimes, the problem worsens due to bank server issues, particularly with non-nationalised banks, which can become congested. This creates additional problems for passengers who are left without cash in their pockets.

In city limits, UPI payments are processed quickly, but in rural areas, there are still persistent issues. As an alternative, passengers can opt for cash payments to buy tickets."

Transport Minister's statement

According to Ramalinga Reddy, Minister of Transport, Ramanagara, the delay in UPI payment processing makes it difficult for conductors to issue tickets on time.

A KSRTC bus conductor said, "Initially, the system worked well, but recently, we've been facing issues.

There have been cases where passengers had to make two separate payments to get a single ticket." Chetan Kumar who takes the bus often said there have been instances where he had to make the payment twice for a single ticket."

RCB seamer Josh Hazlewood's participation in remaining IPL matches doubtful

There are doubts whether Royal Challengers Bengaluru's (RCB) bowler Josh Hazlewood will return to Indian Premier League (IPL) after a shoulder niggle had ruled him out of RCB's previous home fixture against Chennai Super Kings on May 3, as per ESPNcricinfo.

His participation in RCB's May 9 match against Lucknow Super Giants was also doubtful before the tournament was suspended for a week by the Board of Control for Cricket in India (BCCI) due to escalating tensions between India and Pakistan.

Hazlewood is the leading wicket taker for RCB in the ongoing IPL, the seamer has grabbed 18 wickets in ten matches.

He is also expected to be picked in Australia's Test squad, which will have a conditioning camp in the UK in the first week of June ahead of the World Test Championship (WTC) final against South Africa.

On Friday afternoon, the Board of Control for Cricket in India (BCCI) announced its decision to suspend the remainder of the ongoing IPL 2025, with immediate effect.

The match between Punjab Kings and Delhi Capitals at the Himachal Pradesh Cricket Association (HPCA) Stadium in Dharamshala was called off midway through the first innings on Thursday. Spectators were informed of the cancellation and asked to vacate the premises, while both teams were escorted back to their hotel.

In an official statement, BCCI secretary Devajit Saikia said, "The Board of Control for Cricket in India (BCCI) has decided to suspend the remainder of the ongoing IPL 2025 with immediate effect for one week.

Further updates regarding the new schedule and venues of the tournament will be announced in due course after a comprehensive assessment of the situation in consultation with relevant authorities and stakeholders."

"The decision was taken by the IPL Governing Council after due consultation with all key stakeholders following the representations from most of the franchisees, who conveyed the concern and sentiments of their players, and also the views of the broadcaster, sponsors and fans; while the BCCI reposes full faith in the strength and preparedness of our armed forces, the Board considered it prudent to act in the collective interest of all stakeholders," he added. **ANI**

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I, AMANULLA, S/o ABDUL KAREEM, residing at 30, 3rd Floor, 3rd Cross, Tavarekere Main Road, BTM Layout, Bengaluru - 560029, hereby declare that I have changed my name from AMANULLA ABDUL KAREEM to AMANULLA for all official, legal, and future purposes.

I, Selva Venkatesh Subbian Chettiar R/o Flat No 1033, Casa Paradiso 1, Sobha City, Thanisandra Main Road, Bangalore 560077. have changed my minor son's name from Adhrith Selva Venkatesh Pradeepa to Adhrith Selva Pradeepa.

I, Amita W/o Sandeep Mittal, R/o sesna 504, Divyasree Elan Homes, Sarjapur Road Bangalore, 560035, have changed my name to Amita Mittal

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Spotlight on vehicle maintenance

CONTINUED FROM PAGE 1

around 7.56 pm. A passenger car went up in flames on the extreme right lane of the road heading toward Kempegowda International Airport. According to the police, the driver noticed smoke from the engine and jumped out just before the vehicle burst into flames. No injuries were reported, and a fire tender from the Hebbal station managed to douse the fire. Both vehicles sustained extensive damage, and preliminary investigations suggest that technical issues may have triggered the fires. However, further inquiries are underway to determine the exact causes.

What's causing these fires?

Traffic officials and experts have flagged a concerning rise in vehicle fire incidents across Bengaluru, pointing to multiple contributing factors. Technical issues such as engine overheating, fuel leaks, and poor maintenance remain common culprits. In the Hebbal case, a suspected mechanical fault is under investigation. Experts also highlight the growing use of aftermarket electrical accessories, like high-powered audio systems and additional lighting, which can increase the risk of short circuits, especially in private vehicles.

Commercial vehicles overloaded or modified beyond factory standards further raise the risk of fire, officials say. Delays in emergency response due to narrow flyovers and heavy traffic often allow small fires to spread quickly. Additionally, soaring summer temperatures are believed to worsen the problem, particularly for older or poorly maintained vehicles. Authorities are now calling for vehicle maintenance, checks and greater public awareness on fire safety and emergency preparedness.

Need for preventive measures

In response to the recent fire incidents, officials are urging vehicle owners to conduct regular maintenance and refrain from installing unauthorised electrical accessories that may increase fire risk.

With Bengaluru's vehicle density rising and machines facing increased heat-related stress, experts emphasise the urgency of a city-wide awareness campaign. The initiative would focus on vehicle fire safety, promoting the use of fire extinguishers, recognition of early warning signs, and knowledge of emergency protocols.

HEALTH TIP: After the age of 30, women can experience hormonal imbalances, which can cause hair loss

Hair tends to be the most damaged near the tips, and a good trim every six to eight weeks can help solve your woes

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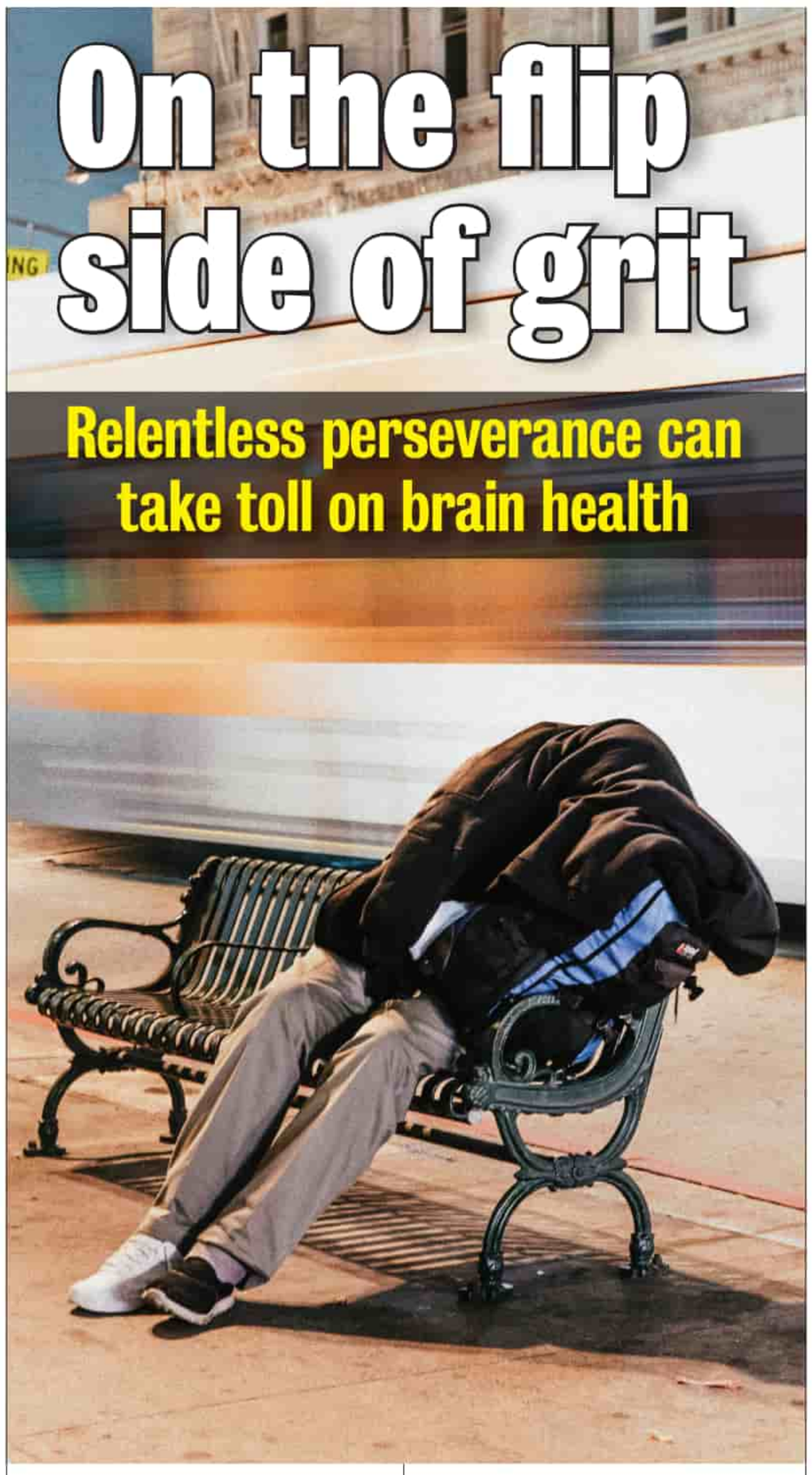
On the flip side of grit

Relentless perseverance can take toll on brain health



For many people, grit – the perseverance and passion for long-term goals – is a virtue. It is also a key ingredient in overcoming challenges, achieving success and maintaining resilience.

Studies have linked grit with success in goal attainment, improved psychological well-being and increased life satisfaction.

But despite conventional narratives equating this type of psychological persistence with well-being, brain research is beginning to show that mustering grit in the face of adversity may also have some unexpected detrimental effects – particularly for communities that are already under chronic stress.

As a behavioural scientist studying Alzheimer's disease and brain health in Black communities, I use techniques such as brain activity monitoring to examine risk factors and early signs of cognitive decline. My research along with other work is beginning to uncover that pushing through can create a level of stress that actually taxes brain health.

The paradox of grit, active coping and brain health

Grit has become a central idea in psychology. Researchers have mainly focused on its positive features, describing it as a quality that helps people work hard, stay strong during tough times and keep trying even when things are difficult. Active coping is a similar concept defined as addressing problems directly and actively seeking solutions. Studies have linked it to lower stress, better health and feeling more in control.

Traits such as grit and active coping are strategies used to manage stress, and they are traditionally seen as protective factors for well-being.

But perseverance may also come with risks that can contribute to poor brain health outcomes. Consider the concept of John Henryism, developed by an epidemiologist named Sherman James in the 1970s.

John Henryism is a coping strategy characterized by persistent, high-effort striving in response to chronic stressors, particularly among marginalised groups. It is named after the legendary African American folk hero John Henry, who worked himself to death in a contest against a steam-powered drill. In the folk tale, John Henry exemplifies how people may engage in prolonged, high-effort coping, often at the expense of their health. James used the folklore to symbolize the relentless effort to overcome structural and systemic barriers.

For example, imagine someone in their early 40s who works two physically demanding jobs to support their family and prevent homelessness. They believe relentless effort is the only path to stability, despite experiencing chronic fatigue and pain. Over time, this sustained strain may lead to high blood pressure, stroke and depression – all of which have been linked to cognitive decline.

John Henryism has been linked to negative health outcomes, including increased risks of hypertension, cardiovascular disease and early mortality. It has also been linked to the risk of poor brain health.

> **Research finds men with higher levels of grit reported greater cognitive difficulties such as trouble concentrating, forgetfulness and feeling mentally fatigued**

Perseverance and the risk of cognitive impairment

My colleagues' and my recent work supports the idea that high-effort coping such as grit can contribute to neurocognitive wear and tear. Being constantly under stress can essentially overwork certain parts of the brain. This damage can build up to make it harder for the brain to learn new things, remember information and stay sharp as a person gets older.

In our study published in January 2025, we asked 158 Black men living in the U.S. to participate in an online survey. The survey measured grit by asking how much participants agreed with statements like "I finish whatever I begin." It also asked participants to report how often they experienced episodes of memory loss and confusion and to rank whether these episodes were becoming more frequent.

We found that men with higher levels of grit reported greater cognitive difficulties such as trouble concentrating, forgetfulness and feeling mentally fatigued, despite their strong motivation to persevere. While our study couldn't determine whether grit causes these difficulties, it raises important questions about whether sustained, high-effort coping might come at a cognitive cost over time.

A concept called allostatic load provides one possible explanation for the link between perseverance and the cognitive decline we observed in our study. Allostatic load is the wear and tear on the body that builds up over time due to dealing with stress.

I believe individuals who push through adversity against all odds may experience allostatic load more acutely. Their persistent coping could intensify physiological strain over time, contributing to earlier onset of cognitive decline. This explanation aligns with previous work, which has shown that prolonged exposure to stress can accelerate cognitive decline and negatively affect memory and executive function.

Facing frequent stressors such as racism, discrimination, economic challenges and limited access to health care with intense levels of perseverance may encourage people to push through these challenges without adequate recovery. That can cause chronic stress that damages brain health.

Continuously exerting mental and emotional effort without relief may also result in cognitive overload and diminish people's ability to sustain mental resilience. This burden accelerates brain aging and increases the risk of cognitive decline.

Unlike the occasional stress of meeting a deadline or completing a difficult project, this type of overexertion is more like waking up every day already exhausted, yet pushing through multiple jobs, financial worries and family responsibilities with little rest or support. Over time, this constant mental strain may wear down the brain's ability to recover and maintain clarity, even when the person appears outwardly resilient.

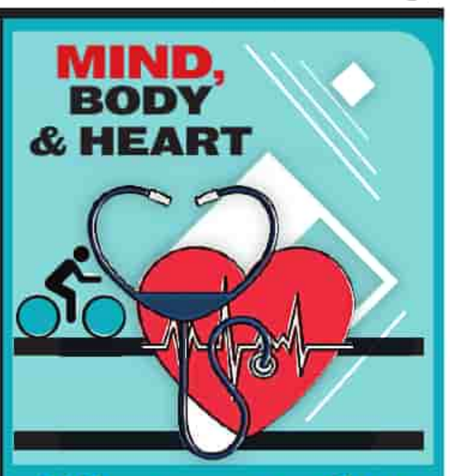
Rethinking perseverance

Researchers are beginning to build a more nuanced understanding of perseverance that challenges the conventional wisdom that it is always beneficial. This perspective also redefines the notion of strength in the face of adversity.

In this more realistic definition, perseverance can include self-care and rest. Knowing when to take a break or prioritize self-care is a practical strategy for maintaining cognitive health in the face of challenges.

Also, practices such as meditation, deep breathing and guided relaxation can help regulate stress responses and reduce cognitive strain. And beyond personal resilience, leaning on social support and meaningful connections can be just as crucial for long-term brain health.

(By Darlingtina Esiaka, University of Kentucky, The Conversation)



All you need to know about...

Antibiotics in infancy

Early puberty
Girls given antibiotics during their first year of life, especially in the first three months, are more likely to enter puberty at an earlier age, according to new research.

Drug exposure
The research, presented at the first Joint Congress between the European Society of Paediatric Endocrinology (ESPE) and the European Society of Endocrinology (ESE), found that the likelihood of early puberty was also higher among those exposed to a greater variety of antibiotic classes.

The findings highlight the importance of using these medicines in infants appropriately and how early-life drug exposure could shape future health outcomes.
Early puberty, also known as central precocious puberty (CPP), is a condition characterised by the early onset of secondary sexual development in children. In girls this means before age 8 and, in boys, before age 9.

Less common in boys
Early puberty mostly affects girls and often has no obvious cause, while it is less common in boys. Over the past few decades, early puberty has been on the rise and researchers are continuously investigating the potential contributing factors.

The risk was 40 per cent higher in girls who received antibiotics before 14 days of age, and overall, the earlier the antibiotic exposure, the greater the risk of early puberty.

Additionally, girls who used five or more classes of antibiotics had a 22 per cent increased risk of early puberty compared to those who used two or fewer classes. No association was found between antibiotic intake and early puberty in boys. **– IANS**

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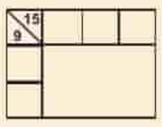
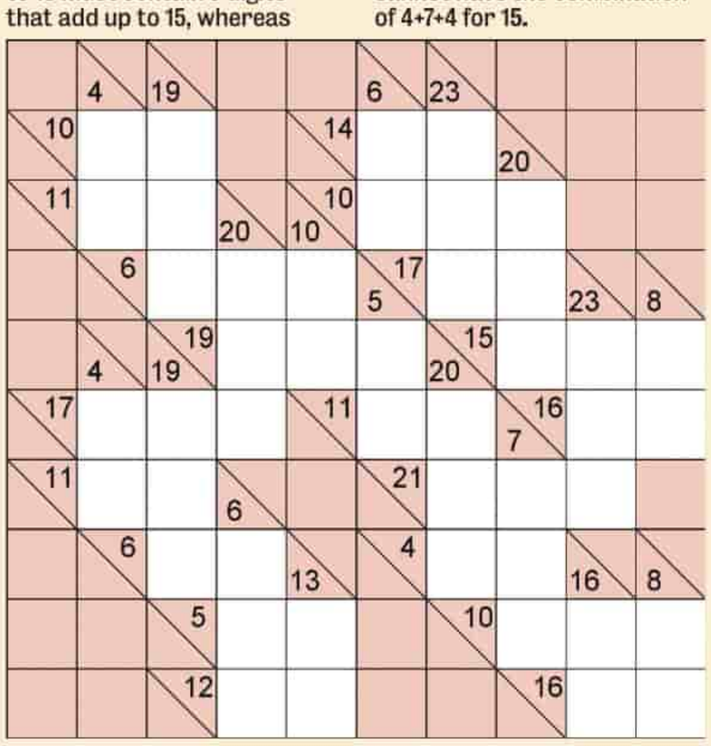
Kakuro

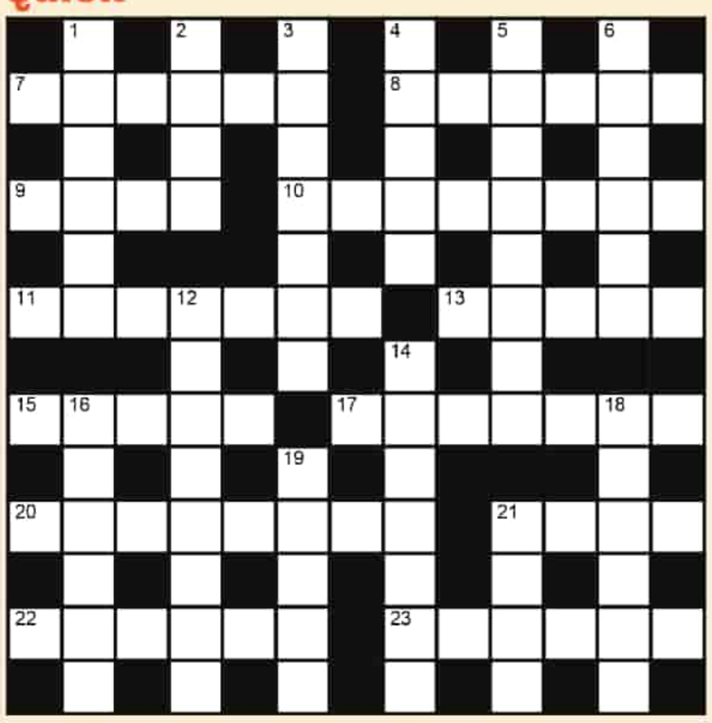
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 The heavenly twins (6)
8 Park spanning 300 acres in the Cantonment Area (6)
9 English river (4)
10 Praises, entrusts or commits (8)
11 Steals after a break-and-enter (7)
13 States (5)
15 Voice a belief (5)
17 Determine (4,3)
20 Colombo is its capital (3,5)
21 Only fair (2-2)
22 Attempt to gratify (6)
23 Sausage in a roll (3,3)

DOWN

1 Telangana's tongue? (6)
2 Grow weary (4)
3 Drop one's ____ : speak like a cockney? (7)
4 _ __, I saw, I conquered (1,4)
5 Noticed or witnessed (8)
6 Braver (6)
12 Tumour in a tendon sheath (8)
14 Ms. Basu of Bollywood (7)
16 Go after (6)
18 Consequence, repercussion or result (6)
19 Habituate, get used to (5)
21 Location (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: O EQUALS N

GMNS COMJX OMD EYXDIOLS; YD KIDK OM LMODYOSOD; YDX SBSX IUS AMU DKS XDIUX.

Linemaro

I don't like my current girlfriend. Mind if I do a you-substitution?

Mindchow

In a time of drastic change, it is the learners who inherit the future. The learned usually find themselves equipped to live in a world that no longer exists

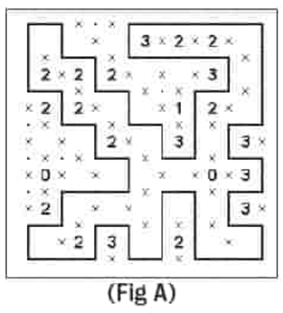
Joke of the day

What may seem depressing or even tragic to one person may seem like an absolute scream to another person, especially if he has had between four and seven beers

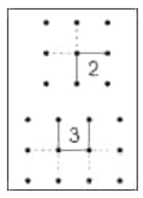
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

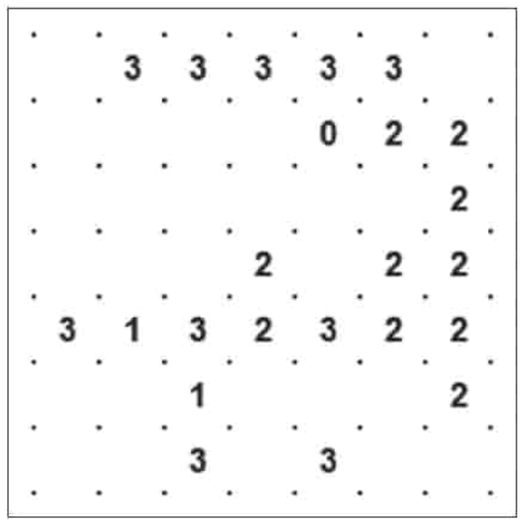


(Fig B) Not Allowed

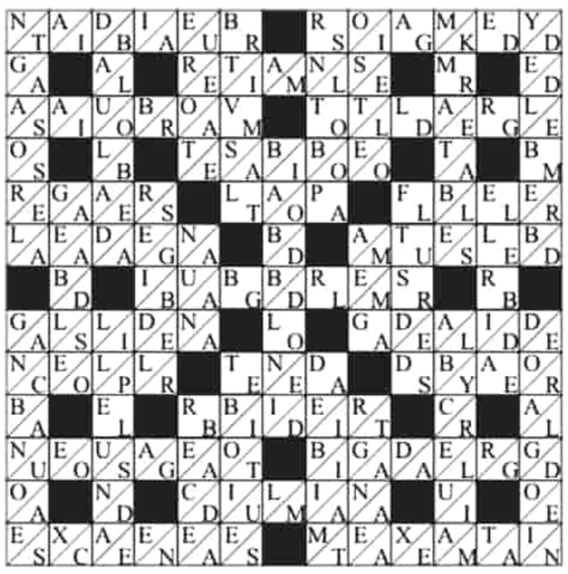
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



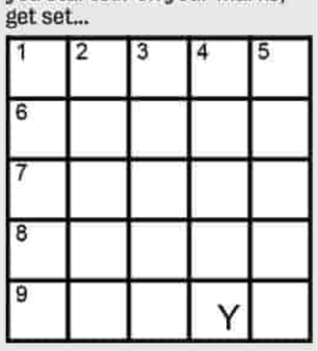
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

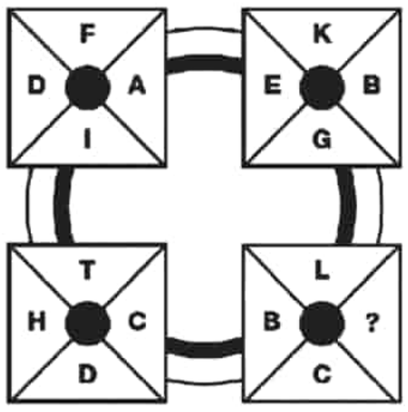
1 Bah ad; 6 Loire;
7 Cilia; 8 Dun an;
9 Gyres

DOWN

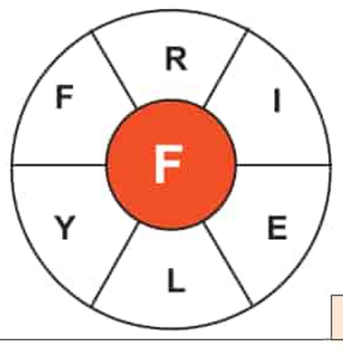
1 Dingo; 2 R Hail;
3 Anile; 4 Bayed;
5 Us car

Mensapuzzle

Which letter replaces the question mark and completes the puzzle?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; **12** Good; **14** Outstanding

SudokuChallenge

		3			1		9	5
	1							
		7	2	5	8			
	7	8		3				
5			9		6			8
				8		4	3	
			5	7	2	9		
							4	
8	9		6			2		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy

= 11

4 6 7 8

Medium

= 1

1 2 4 6

Hard

= 8

3 3 4 9

Hocusfocus

Find at least six differences in details between panels.

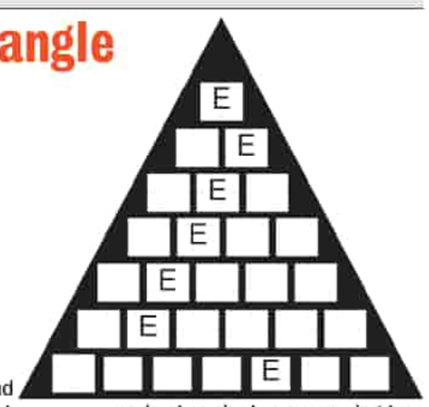
Differences: 1. Stripe is added to sleeve. 2. Light is moved. 3. Table is longer. 4. Button on jacket is lower. 5. Wall is wider. 6. Boy's mouth is different.

Riddler

Take one letter from each word in the list. Form the name of a country.–The name of the country has five vowels and four consonants. congenial, cunning, tango, task, exact, mask, avid, lucky & haste

Alpha triangle

1 Second vowel
2 Neon symbol
3 Decimal base
4 Hire charges
5 General drift
6 Wise adviser
7 Bedevil



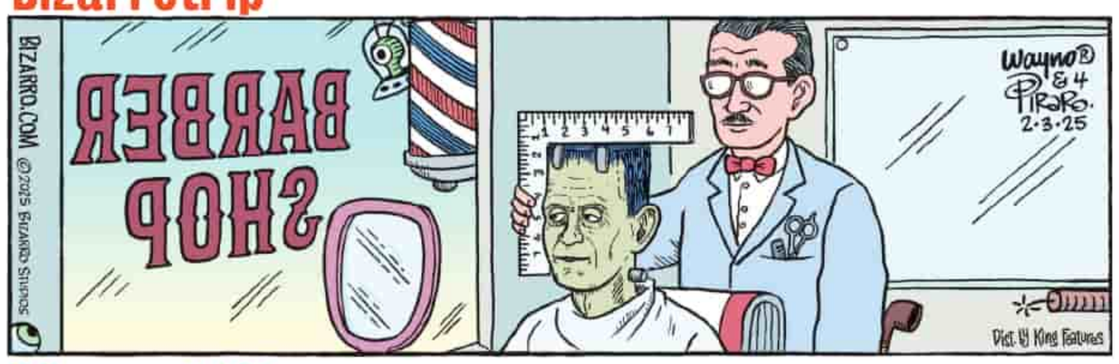
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

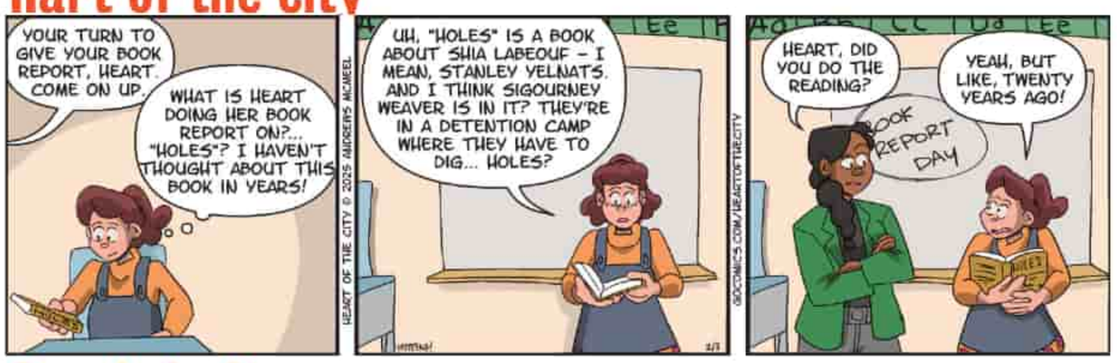
Popeye

Bizarrotrip



Diamond Lil

Hart of the city


YOUR TURN TO GIVE YOUR BOOK REPORT, HEART. COME ON UP.
WHAT IS HEART DOING HER BOOK REPORT ON?... "HOLES"? I HAVEN'T THOUGHT ABOUT THIS BOOK IN YEARS!
HEART OF THE CITY © 2025 AUDREYS MCNEIL
UH, "HOLES" IS A BOOK ABOUT SHIA LABEOUF - I MEAN, STANLEY YELNATS, AND I THINK SIGOURNEY WEAVER IS IN IT? THEY'RE IN A DETENTION CAMP WHERE THEY HAVE TO DIG... HOLES?
HEART, DID YOU DO THE READING?
YEAH, BUT LIKE, TWENTY YEARS AGO!
BOOK REPORT DAY
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

YOU LOOK TIRED, HARRY.
I AM... THE OHIO MUSIC EDUCATORS CONFERENCE IS NEXT WEEKEND...
AND ALONG WITH IT, THE NIGHTMARES ABOUT TAKING A HUNDRED BAND STUDENTS AND THEIR INSTRUMENTS TO COLUMBUS IN A BLINDING SNOWSTORM!
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BATIUK & DAVIS tombatiuk.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20

Today, you may feel mentally at peace and less rushed, which could reflect positively on your work. Your destiny may support the completion of previously delayed projects and goals. Patience on the domestic front may help maintain harmony at home. However, be cautious of potential skin or stomach-related issues.

Taurus Apr 21 – May 20

You might struggle with negative thoughts and feel a bit low in energy. Impatience and arrogance may hinder your ability to make sound decisions. Seeking the blessings or guidance of elders could help you progress professionally. Avoid investing in non-productive assets. Lovebirds should steer clear of discussing past negative experiences

Gemini May 21 – Jun 21

Today is favourable for your professional life. You may perform well and even receive added responsibilities or a promotion. Disputes with a partner may be resolved, and you could consider lending money to build assets. Your children's health may improve, and you may start planning investments for their future.

Cancer Jun 22 – July 23

The moon brings blessings today. Romantic relationships may flourish, and singles might find a compatible match. Professionally, you'll do well, and support from friends and subordinates will help. Investments in gems and jewellery may yield good returns. Be mindful of the health of elderly family members.

Leo Jul 24 – Aug 23

You're likely to feel energetic and optimistic due to favourable planetary alignment. This inner vitality could elevate your reputation among peers. You may spend time exploring intellectual pursuits, which could enhance your knowledge and wisdom.

Virgo Aug 24 – Sep 23

The day may begin on a dull note, but things are expected to improve by evening. New connections in your professional circle could help you revamp business plans. Exercise caution and read all documents carefully before signing anything.

Libra Sep 24 – Oct 22

With divine blessings, you may overcome indecisiveness. Your child's health is improving, and your colleagues are likely to be supportive, leading to success in your projects. You may also receive performance-based incentives. Those in dairy, water management, grain trading, homemaking, or arts and culture may experience a fruitful day.

Scorpio Oct 23 – Nov 22

You may find yourself occupied with domestic matters. Aesthetic interests such as art, movies, or fashion may spark your creativity. Spending on home décor and lifestyle items could elevate your social standing. You'll be more courteous today and may plan a trip with family or friends.

Capricorn Dec 23 – Jan 20

Today brings happiness and boosted self-confidence, possibly due to good rest. While you'll feel mentally strong, avoid being careless with decisions concerning finances, career, or academics. Romantic moments with your partner may arise, but be mindful not to let pride interfere with joyful experiences.

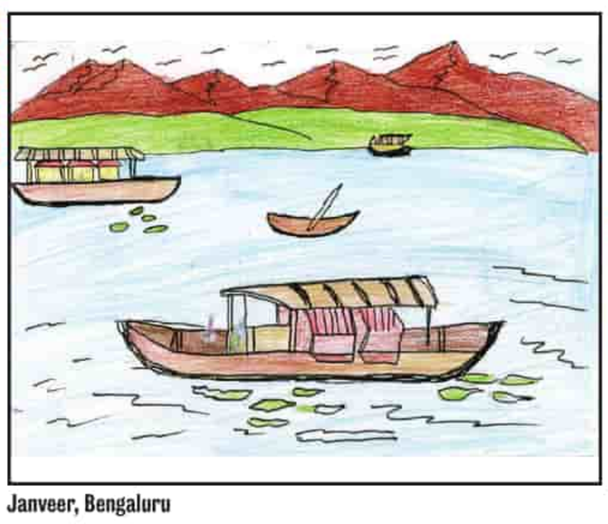
Aquarius Jan 21 – Feb 19

Strong networks may help you successfully implement business plans today. Your wisdom could lead to financial gains. Domestic life will be harmonious, and your relationship with your spouse will benefit from mutual understanding. Those in metals or booking services may have a productive day.

Pisces Feb 20 – Mar 20

Passion and drive will define your work today. However, don't let emotions cloud your judgment—follow your intuition when making business, job, or investment decisions. Although the workload may be heavy, blessings from elders will help you manage the situation effectively.

KIDZONE



Janveer, Bengaluru

Ananya, Bengaluru

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Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M

91 - 9 x 7 x 5 x 3 x 1 = 945
945÷9 = 105
105 x 5 = 525

BULL'S EYE

flef, flery, fffe, flre, rfire, fIREFLY, flier, flyer, ffly, flfe, flfer, rfle, riffle,

RIDDLER Guatemala

QUOTE UNCODE

Love knows not distance; it hath no continent; its eyes are for the stars.

FAST FIVE

G	R	E	Y	S
N	A	N	D	U
I	L	I	A	C
O	I	L	E	R
D	H	A	B	A

STRIKE OUT

T	I	D	I	E	R		S	O	A	K	E	D		
A		A		R	I	A	L	S		R		E		
S	A	U	R	A	V		O	L	D	A	G	E		
	S		B		T	A	B	O	O		A		M	
E	G	E	R		L	A	P		F	L	E	E		
L	A	D	E	N		B		M	U	S	E	D		
	B		B	A	B	B	L	E	S		R			
A	L	I	E	N		L		G	E	L	I	D		
N	E	L		T	E	D		D	Y	E	R			
A		L		R	I	D	E	R		C		A		
N	O	U	G	A	T		B	A	D	E	G	G		
S	C	E	N	E	S		T	A	X	M	A	N		

QUICK

												E		
											H	U	M	
											S		I	
										S	R	I	L	A
									O	P	I	N	E	
								B	U	R	G	L	E	S
									G			H		
								O	U	S	E		C	O
								G	E	M	I	N	I	
								T		R		T		A
								L		A		S		
									E		R		E	
										B		S		
											E			

MENSA PUZZLE

M. Start with the top left square, and move clockwise around the others. The sum of the numerical values of the letters in each square equals 20 for the top left, 25 for the top right, 30 for the bottom right and 35 for the bottom left.

SUDOKU

8	9	1	6	4	3	2	5	7
7	5	2	8	1	9	6	4	3
3	4	6	5	7	2	9	8	1
1	2	9	7	8	5	4	3	6
5	3	4	9	2	6	1	7	8
6	7	8	1	3	4	5	2	9
9	6	7	2	5	8	3	1	4
4	1	5	3	9	7	8	6	2
2	8	3	4	6	1	7	9	5

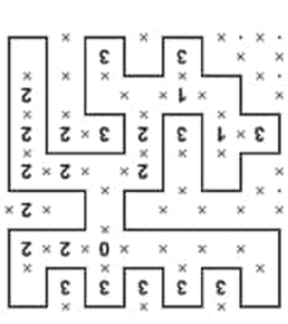
ALPHA TRIANGLE

E, Ne, Ten, Rent, Tenor, Mentor, Torment.

GO FIGURE

Easy
8 - 7 + 4 + 6 = 11
Medium
2 x 4 - 1 - 6 = 1
Hard
9 - 3 x 4 / 3 = 8

LOOP



KAKURO

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MOTHER'S LOVE

Celebs celebrate Mother's Day

We take a look at the various posts celebrities made on social media to celebrate Mother's Day.

Emotional day

As Kiara Advani prepares to embrace motherhood, she marked this Mother's Day with a deeply emotional tribute for her mother.

In a heartfelt social media post, the actress shared her gratitude and love for the woman who has been her unwavering support. The mom-to-be shared an emotional tribute to her mother, calling her "her universe." On Sunday, Kiara took to her Instagram stories and shared a collage of photos featuring her special moments with her mother and simply wrote, "Happy Mother's Day to my whole universe. In her next follow-up post, the actress shared a photo from her wedding featuring her actor husband, Sidharth Malhotra, and his mother, Rimma Malhotra. The caption of the post read, "Happy Mother's Day, mil," followed by a red heart emoji.

Forever love

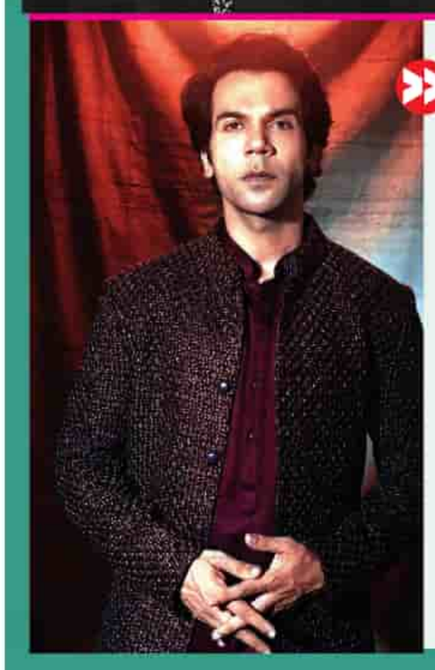
Actress Madhuri Dixit, herself a mother of two sons, celebrated the day by posting a series of throwback pictures with her children and family.

She wrote, "Mothers hold their children's hands for a while but their hearts forever," capturing the timeless nature of a mother's love.

Above all

In an Instagram post, actor Sonam Kapoor wrote she learnt that true motherhood transcends "faith, borders, and beliefs nurturing not just a family but the spirit of humanity itself".

"She is my mother, and she is also the reflection of Mother India, a land where temples, mosques, churches, and gurdwaras rise together under the same sky.. Where the language of love is spoken louder than the language of division."



Different forms of motherhood

Bollywood actor Rajkummar Rao, who will be next seen in the upcoming film 'Bhool Chuk Maaf', is remembering his mother, and expressing the gratitude to different forms of mothers in his life on the occasion of Mother's Day. The actor took to his Instagram on Sunday, and shared pictures of his late mother, his wife Patralekha, goddess Durga and mother India. He wrote in the caption, "Happy Mother's Day Everyone. Maa is the closest you can ever be to God. Thank you for every hug, lesson, happiness and Smile".

Tom is all praise for Nicole

Tom Cruise has spoken publicly about his ex-wife Nicole Kidman for the first time in over twenty years after their divorce, praising her acting abilities.

The comment came during a recent interview, where Cruise discussed their 1999 film 'Eyes Wide Shut.'

As per Deadline, Cruise revealed that he suggested Kidman for the role of Alice in Eyes Wide Shut.

"I suggested Nicole play the role. Because obviously she is a great actress," as quoted by Deadline.

This rare comment marks a departure from Cruise's usual silence about his personal life, especially speaking publically about Nicole Kidman, whom he married in 1990.

Cruise and Kidman were married for over 10 years before finalising their divorce in 2001.

They adopted two children, Isabella and Connor, during their marriage.

Cruise last spoke publicly about Kidman in 2002, and said that he wished her well and that they had moved on.

Kidman has occasionally spoken about Cruise and their divorce.

In a recent interview, she reflected on filming 'Eyes Wide Shut' and shared that director Stanley Kubrick would ask questions about their relationship.

Kidman married Keith Urban in 2006 and welcomed his daughters, Sunday Rose and Faith Margaret, with him.

On the other hand, Tom Cruise was first married to Mimi Rogers from 1987 to 1990, and after his divorce from Nicole Kidman, he married Katie Holmes in 2006. His marriage to Holmes ended in 2012. **–ANI**

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Shooting wrap

Director Rajesh Murthy has made a comeback after a long gap to handle the megaphone for Bloody Babu in which his son Yashaswa plays the lead. The movie was shot for 25 days in and around Bengaluru, Nandi Hills, and Chikkamagaluru. The movie's post-production works are in progress and it is scheduled to release at theatres next month. The movie is being bankrolled by Rajesh Murthy under the Angel Dreams Entertainment banner.

"It is the third movie for my son Yashaswa as a hero. Prior to this, he has acted in Dinku and Agniloka, which I directed. I am very happy to announce that Dinku and Agniloka are expected to be made in Hindi. I am happy with Yashaswa's acting skills. Bloody Babu is about a fight between muscle power and mind power. It conveys a message to society, especially for those misusing hypnotic power," said director Murthy.

The director said Smitha is paired opposite Yashaswa while Dilip Kumar, who has acted in a few Hindi movies, plays the villain in the movie. Politician-cum-actor Narendra Babu plays the heroine's father. He said his other films, Lipstick Murder, Joker Joker, and Psychomax are crime thrillers. "I hope Bloody Babu will entertain the audiences," he said.

Interesting script

The muhurat function of Geetha Pictures' fourth movie Pabbar was held at Sri Veeranjaneya Swamy Temple, Mahalakshmi Layout on Wednesday. Former president of Karnataka Film Chamber of Commerce KV Chandrasekhar sounded the clapboard while Nenapirali Prem switched on the camera. Dheeren Ramkumar is playing the lead while Sandeep Sunkad is the director of the movie. Nenapirali Prem's daughter Amrutha is paired opposite Dheeren Ramkumar.

Dr Shiva Rajkumar, Geetha Shivarajkumar and other personalities attended the function. Dr Shiva Rajkumar said if we want Kannada movies to compete with other language movies, more and more newcomers have to come forward to act in Kannada movies. "The success or failure of a movie is not in our hands. We have to make an attempt if we want to become successful. I am sure this movie will become a big success," he said.